

## Swimmers Summary Annual Training Plan Arbroath St Thomas: Masters

### **Aims and Objectives**

Develop efficient technique on all 4 strokes plus starts & turns/speed over short distances/basic endurance on short distances/aerobic endurance on longer sustained swims/comp skills

Short rest interval training

Use of test sets to monitor progress

Land training routines also mental skill, nutrition and hydration, goals

Fun, Friendship and Fitness

### **Available Sessions-** (check suitability)

Mon 5.30-7.30pm pool

Tues; 6.30-7.30pm (5.30-7.30pm) 7.00-8.00am

Wed; 5.30-7.30pm

Thurs: 6.45-7.45pm (5.45-7.45pm) 7.00-8.00am

Fri: 6.30-8.00am

Sun 8.00-9.00am land work gym-9.00-11.00 pool

**Competitions:** Not all competitions are suitable for all swimmers. Your coach will advise you on which you are ready for and which events you should enter. Please look regularly at the notice board to check the dates of league galas and note if you are in the team. It is important that you let either Lesley or Scott know if you are unable to swim so that a reserve can be notified. Sometimes we are able to replace a swimmer an hour before. So if you fall off your skateboard and break a leg!! Let us know. The newsletter gives details of any changes and lets you know what is happening within the club.

### **Cycle One**

August - Lomond Meet Helensburgh

Sept Inverclyde (Scottish 800m SC Championships)

Nov Glasgow International- **Main Focus**

Nov 1500 meet Glasgow

Dec Club Championships (Swimmer or Helper!)

### **Cycle Two**

District Graded Meet

Mch Silver City Blues

Apl Short Course Championships **Main Focus**

### **Cycle Three**

May District Championships

June GB Masters L.C Tollcross Glasgow **Main Focus**

Club Open Championships (Swimmer or Helper!)

Visit us online @ [www.arbroathstthomas.co.uk](http://www.arbroathstthomas.co.uk)

## Swimmers Summary Annual Training Plan Arbroath St Thomas Dev Squad

### **Aims**

Develop efficient technique on all 4 strokes plus starts & turns (from wall, poolside and blocks. Introduce use of pace clock

Introduce a basic land training routine, including a dynamic poolside routine.

Develop basic speed over short distances

Develop basic aerobic endurance on short distances

### **Objectives**

Dive 4x25 Free: Demonstrating good skill and breathing technique.

Swim 2x25 Back: Demonstrating good skill with a steady head position.

Dive 2x25 Breast: Demonstrating good skill with a long stroke.

Swim 1x25 Fly: Demo. an undulating body movement and breathing every 2 strokes

Kick 4x25 Free: Demonstrating forward propulsion

Kick 2x25 Back: In a streamlined flat position, demonstrating propulsion

Kick 2x25 Breast: attempting a symmetrical backward kick

Kick 2x25 Fly: Demonstrating an undulating body movement and forward propulsion

Demonstrate a dive start and plunge 5m underwater in a streamlined position

Demonstrate sculling 25 head first and 25 feet first

### **Available Sessions**

Wed; 6.30-7.30

Sat: 8.15-9.00

Sun: Land 8-9.00 Pool 9.00-10.00

**Competitions:** Not all competitions are suitable for all swimmers. Your coach will advise you on which you are ready for and which events you should enter. Please look regularly at the notice board to check the dates of league galas and note if you are in the team. It is important that you let either Marion or Scott know if you are unable to swim so that a reserve can be notified. Sometimes we are able to replace a swimmer an hour before. So if you fall off your skateboard and break a leg!! Let us know. The newsletter and website gives details of any changes and lets you know what is happening within the club.

### **Cycle One**

Club Championships - Dec

### **Cycle Two**

Time Trials/Novice Friendly Meets

### **Cycle Three**

Time Trials/ Open Championships-July

Visit us online @ [www.arbroathstthomas.co.uk](http://www.arbroathstthomas.co.uk)

## Swimmers Summary Annual Training Plan Arbroath St Thomas Junior Squad

### **Aims**

Develop efficient technique on all 4 strokes plus starts & turns  
Develop basic speed over short distances  
Develop basic aerobic endurance on longer sustained swims  
Introduce and develop short rest interval training  
Develop basic training competences including use of pace clock  
Develop comp. skills, including competition within club, graded competitions and leagues  
Develop and establish land training and flexibility.  
Introduce mental skills, targets and log books.

### **Objectives**

Swim 100m Free: Good start, turns and kick. 5m u/water at start.  
Swim 100m Back: Good start, turns and finish. 5m u/water at start.  
Swim 100m Breast: Good start, turns and finish. 5m u/water at start.  
Swim 50m Fly: Good start, turn and finish. 5m u/water at start. Use undulating technique.  
Swim 100m IM: Using correct technique.  
Kick 200m Freestyle and Kick 200m IM  
Demonstrate 3x25m dive start freestyle sprints  
Swim 400m Freestyle using good skills and turns without stopping

### **Available Sessions:** Minimum sessions-4

Sun; land work 8.00-9.00 Swim 9.00-10.30am

Wed; 6.30-7.30pm

Thursday land 5.00-5.30 pool 5.45-6.45

Sat 8.15-9.00

Fri; 7.00-8.00 am (also welcome tues 7.00-8.00am)

At all sessions please try to arrive in time to do 15min of warming up and stretching on poolside.

**Competitions:** Not all competitions are suitable for all swimmers. Your coach will advise you on which you are ready for and which events you should enter. Please look regularly at the notice board to check the dates of league galas and note if you are in the team. It is important that you let either Marion or Scott know if you are unable to swim so that a reserve can be notified. Sometimes we are able to replace a swimmer an hour before. So if you fall off your skateboard and break a leg!! let us know. The newsletter and website gives details of any changes and lets you know what is happening within the club. Listed below are some of the meets that may be considered for entry.

### **Cycle One**

Nov Dist Meet 11 & over

Nov Carnegie Mini Meet

Dec Club Championships -**Main Focus**

### **Cycle Two**

Grangemouth Graded/Time Trials

District Graded Meet-**Main Focus**

### **Cycle Three**

Time Trials

July Club Open Championships-**Main Focus**

Visit us online @ [www.arbroathstthomas.co.uk](http://www.arbroathstthomas.co.uk)

## Swimmers Summary Annual Training Plan. Intermediate Squad

### **Aims**

Develop efficient technique on all 4 strokes plus starts and turns. Develop basic speed over short distances.

Develop basic aerobic endurance on longer sustained swims.

Introduce and develop short rest interval training

Develop further basic training competences. Provide LC training opportunities.

Continue to develop comp. skills. E.g. Competition within club, graded competitions.

Develop and establish flexibility, core body work and land training.

Introduce mental skills. Set goals.

### **Objectives**

Swim 200m Freestyle : Good start, turns and kick 5m u/water at start.

Swim 200m Backstroke: Good start, turns and finish. 5m u/water at start.

Swim 200m Breaststroke: Good start, turns and finish. 5m u/water at start.

Swim 100m Butterfly: Good start, turn and finish. 5m u/water at start.

Swim 200m IM: Using correct technique and good starts and turns.

Kick 200m Freestyle Under 4.15

Kick 400m IM

Demonstrate 4x25m dive start freestyle sprints

Swim 400m Freestyle: Good start, turns and kick. 5m u/water at start and turns

### **AVAILABLE SESSIONS** Minimum sessions-5

Mon 5.30-7.00

Tuesday 6.30-7.30 land 5.45-6.15 (am 7.00-8.00)

Thursday 6.45-7.45 (am 7.00-8.00) Land 5-5.30

Friday 6.30-8.00am

Sunday 8.00-9.00 Land/gym, 9.00-11.00 water

At all sessions please try to arrive in time to do 15 min of w/up & stretching on poolside.

### **COMPETITIONS**

Not all competitions are suitable for all swimmers, Scott or Marion will advise you. Look regularly at the notice board to check the dates of league galas and note if you are in the team. It is important that you let someone know if you are not available to swim so that a reserve may be notified.

Sometimes we are able to replace a swimmer an hour before, so if you do fall off your skateboard and break a leg!! Let us know. Updates and club events are all in the website and newsletter. Listed below are some of the meets that may be considered for entry.

#### **Cycle One**

Oct DCA 100/200 meet (11 & over)

Nov District Distance Meet

Dec Club Championships

#### **Cycle Two**

Jan Stirling Jnr Meet (11 & over)

Mch DCA Mini (11 & under)

March Graded Champs (11 & Over)-Main Focus

#### **Cycle Three**

June Dist Champs (11 and over)/ Stars of the Future (12 & Under)

July Club Open Championships-Main Focus

Visit us online @ [www.arbroathstthomas.co.uk](http://www.arbroathstthomas.co.uk)

Swimmers Summary Annual Training Plan. Nat Squad

**AIMS**

- \* efficient technique on all 4 strokes plus starts and turns.
- \* speed over short distances.
- \* aerobic endurance on longer sustained swims.
- \* short rest interval training
- \* use of test sets to monitor progress
- \* basic training competences.
- \* comp. skills.
- \* land training routines including flexibility and core body work. (weights if appropriate)
- \* mental skills, nutrition and hydration. set goals, log book
- \* provide swimmers with the opportunity for LC training

**OBJECTIVES.**

Swim 800m Freestyle Good start, turns and kick 5m u/water at start. Under 12.45  
Swim 200m Backstroke .Good start, turns and finish. 7m u/water at start. Under 3.15  
Swim 200m Breaststroke. Good start, turns and finish.7m u/water at start. Under 3.30  
Swim 200m Butterfly. Good start, turn and finish.7m u/water at start. Under 3.30  
Swim 400m IM Using correct technique and good starts and turns. Under 6.30  
Kick 200m Freestyle Under 3.45 Kick 200m Breast or Fly Under 4.00  
Kick 200m Backstroke Under 4.10  
Demonstrate 4x25m dive start freestyle sprints Under 14.0  
Swim 1500m Freestyle Good start, turns and kick 5m u/water at start and turns Under 21.30.

**AVAILABLE SESSIONS** Minimum sessions-6

Tues, Wed, Thurs, 5-5.30 Land

Wed Montrose 6.30-8.00 for those in AAS/Bronze and Silver squads.

Mon, Tues, Wed 5.30-7.30 Pool

Thurs 5.45-7.45 Pool

Tues, Thurs, 7.00-8.00 amPool

Fri 6.30am-8.00am Pool

Sun 8.00-9.00Land-gym, 9.00-11.00 Pool

Swimmers who are unable to attend land training are expected to be on poolside 15 minutes before the start in order to facilitate a poolside warm up and stretch routine. Anyone unable to make any of the above sessions should inform the coach.

**COMPETITIONS**

Swimmers are expected to take responsibility for keeping up to date with meet information.

**Cycle One**

Jan SC Championships-Main Focus

**Cycle Two**

Apl Scottish L.C Age Group Meet Main Focus

**Cycle Three**

July Nat Champs Youth Events-Main Focus for those not attending British Champs

Aug British Main Focus

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Swimmers Summary Annual Training Plan. St Thomas District Squad

**AIMS**

- \* efficient technique on all 4 strokes plus starts and turns.
- \* speed over short distances.
- \* aerobic endurance on longer sustained swims.
- \* short rest interval training
- \* use of test sets to monitor progress
- \* basic training competences. LC training
- \* comp. skills.
- \* land training routines including flexibility and core body work.
- \* mental skills, nutrition and hydration. set goals. Log book

**OBJECTIVES.**

Swim 400m Freestyle Good start, turns and kick 5m u/water at start. Under 6.30  
Swim 200m Backstroke. Good start, turns and finish. 5m u/water at start. Under 3.30  
Swim 200m Breaststroke. Good start, turns and finish. 5m u/water at start. Under 3.45  
Swim 200m Butterfly. Good start, turn and finish. 5m u/water at start.  
Swim 200m IM Using correct technique and good starts and turns. Under 3.40  
Kick 200m Freestyle Under 4.00  
Kick 400m IM Under 8.00  
Demonstrate 4x25m dive start freestyle sprints Under 15.0  
Swim 800m Freestyle Good start, turns and kick 5m u/water at start and turns

**AVAILABLE SESSIONS** Minimum sessions-6

Mon 5.30-7.30

Tues 6.30-7.30pool / Land 5.45-6.15/ am 7.00-8.00

Wed Montrose 6.30-8.00 for those in AAS/Bronze or Silver Squads.

Thurs 5.00-5.30 land 5.45-7.45pool/ am 7.00-8.00

Fri 6.30-8.00 am

Sun 8.00-9.00 land,gym 9.00-11.00 water

All swimmers should be on poolside Mon 15 min before the start of the session to facilitate a dynamic w/u.

**GALAS** Not all galas are suitable for all swimmers Scott or Marion will advise you. For some swimmers there may be additional galas. Check the newsletter, website and notice board for dates, times and venues of league galas

**Cycle One**

Sept Sprints-11&over

Oct 100/200 meet-11 & over

Nov District Graded Meet incl long dist events / M&B LC Meet

Dec Club Gala

**Cycle Two**

Jan Stirling

March District Championships

**Cycle Three**

May Dist Distance Meet

June Stars of the Future 12 & under

June Club Open Championships

Scottish Nationals - Main Focus

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Swimmers Summary Annual Training Plan. St Thomas Club Squad

**AIMS**

Develop efficient technique on all 4 strokes plus starts & turns/speed over short distances/basic endurance on short distances/aerobic endurance on longer sustained swims/comp skills

Short rest interval training

Land training routines also, nutrition and hydration, goals

Fun, Friendship and Fitness

**OBJECTIVES.**

Swim 400m Freestyle Good start, turns and kick 5m u/water at start.

Swim 200m Backstroke. Good start, turns and finish. 5m u/water at start.

Swim 200m Breaststroke. Good start, turns and finish. 5m u/water at start.

Swim 200m Butterfly. Good start, turn and finish. 5m u/water at start.

Swim 200m IM Using correct technique and good starts and turns.

Kick 200m Freestyle

Kick 400m IM Under

Demonstrate 4x25m dive start freestyle sprints

Swim 800m Freestyle Good start, turns and kick 5m u/water at start and turns

**AVAILABLE SESSIONS**

Tues 6.30-7.30pool / Land 5.45-6.15/ am 7.00-8.00

Thurs 6.45-7.45/ am 7.00-8.00

Fri 6.30-8.00 am

Sun 8.00-9.00 land, gym 9.00-11.00 water

All swimmers should be on poolside Mon/Tues at least 15 min before the start of the session to facilitate a poolside warm up and stretch routine.

**GALAS**

Check the newsletter, website and notice board for dates, times and venues of league galas, you may also be considered for relay teams at various galas. Should you wish to enter any other meets please speak to Marion or Scott.

**Cycle One**

District Graded Meet

Dec Club Gala

**Cycle Two**

Look at notice board for available meets

**Cycle Three**

June Club Open Championships

Visit us online @ [www.arbroathstthomas.co.uk](http://www.arbroathstthomas.co.uk)